

Outcome distribution by region (grid-render-v1)

Variable	Name of Exposure	Categories	Goal Name	Criteria	Classification measure	Standard error	Remarks	Column
Workout Schedule Adherence	Workout Type	Cardio; Strength Training; Flexibility; Rest	Improve Fitness	Sessions completed per week	Percentage of planned sessions completed	0.03	Higher percentage indicates better adherence	A
Workout Intensity	Perceived Exertion	Very Light; Light; Moderate; Hard; Very Hard	Increase Fitness Level	Average rating across sessions	Average RPE score	0.2	Higher scores indicate higher intensity	B
Workout Duration	Exercise Time	<30 min; 30-60 min; >60 min	Increase cardiovascular fitness	Total weekly exercise duration	Minutes per week	15	Longer durations generally better, but depends on intensity	C
Dietary Adherence	Food Groups	Fruits & Vegetables; Protein; Carbohydrates; Fats	Healthy Eating Habits	Number of servings per day	Servings per day	1	Focus on balanced intake	D

Sleep Quality	Sleep Hours & Quality	<6 hrs (poor); 6-8 hrs (good); >8 hrs (over); Interrupted	Improve Sleep	Average sleep duration & quality rating	Hours of sleep & sleep quality scale score	0.5	Aim for 7-9 hours of uninterrupted sleep	E
Stress Management	Stress Levels	Low; Moderate ; High	Stress Reduction	Daily stress level rating scale	Average stress level score	0.1	Lower scores indicate better stress management	F
Hydration Levels	Water Intake	<1L; 1-2L; >2L	Improve Hydration	Daily water consumption	Liters of water consumed per day	0.25	Aim for adequate hydration	G
Muscle Soreness	Post-Workout Pain	None; Mild; Moderate ; Severe	Reduce risk of injury	Pain level rating	Average pain score (0-10 scale)	0.7	Higher scores indicate more soreness	H